



# ***Margin: Finding Balance for Overloaded Lives***

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***Finding Physical Margin  
Wednesday Night Bible  
Study***

**April 6, 2011**



# Our Goal

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- **To communicate a *biblical philosophy* for bringing balance to overloaded lives**

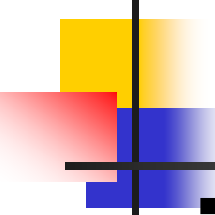


# The Need

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- **We have not been able to find Sabbath rest. We are living without margin... just what is margin?**

# Margin...

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- ...is having the physical, emotional, financial and time reserves to respond to a God-given opportunities to be a blessing to yourself or someone else.



# Margin is...

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- ...also the amount of resources that we allow for beyond that which is needed. It is the leeway between our load and our limits.

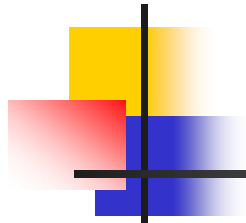


# Diagnosis...

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- **...we are not been living better lives....just busier lives**

# In a word...



- **...progress was to suppose to make our lives easier, but it has made our lives more difficult...it is the chief source of overload.**



# Four Areas

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- Emotional margin
- *Physical margin*
- Financial margin
- Time margin

# A Body-conscious America

- **Or do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God and that you are not your own? For you have been bought with a price. Therefore glorify God with your body,"** ([1 Cor. 6:19-20](#); [Phil. 1:20](#)).



# Products Abound

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- **If you want to find something to paint-up or fix-up or clean-up your body, products abound in the marketplace.**



# Great Concerns...

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- **...about the physical shape of the body. There is a plethora of low fat foods, diet pills, medical procedures**

# Also great concerns...



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- **...about physical health.**  
**We are encouraged to watch our cholesterol levels, our salt and fat intake, our blood pressure...**



# As a believer...

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- **...our concern for our bodies takes on a whole new dimension...it becomes a matter of stewardship because our bodies no longer belong to us.**



# The Painful Reality

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- ***Center for Disease Control estimates that 50% of all deaths are related to lifestyle choices***

# Much of medicine...



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- **...today is focused on business-minded doctors taking care of people who live self-destructive lives. They want to get well immediately and threaten to sue if they don't.**

# Stress-induced Illnesses



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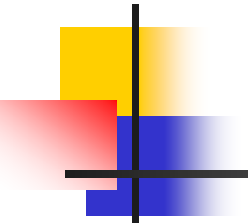
- **Headaches**
- **Ulcers**
- **Fatigue**
- **Insomnia**
- **Anxiety**
- **Depression**



# More people report...

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- **...feeling sick even though they have no demonstrable disease**



# Pollution...

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- **...related diseases are rampant. A majority of cancers result from things we eat, smoke, drink or breath.**



# Sexual Freedom?

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- **The watch word today is “you and me and the microbe makes three**
- **22 possible infections can be contracted in a single act**



# Illicit Drug Use

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- ***“People take drugs to alter or escape from a less than tolerable reality, and to meet intense emotional needs.”*** Dr. Armand Nicholi, Harvard Psychiatrist



# Cigarettes

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- **Tobacco kills 350,000 Americans every year, making it the leading cause of premature death in the united States. Enough said!!!!**

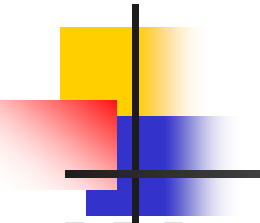


# Alcohol Abuse

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- **The second leading cause of premature death in the U.S. With 9 million alcoholics and another 6 million problem drinkers, alcohol abuse is cited in over half of all homicides, suicides, and motor vehicle fatalities.**

# The Pathology of Prosperity

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- **We live our lives with relatively little restraint.**
  - **We lack inner discipline**
  - **We eat too much, we sleep too little, and we hardly move at all.**



# The Keys...

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- **...to physical margin begin with recognizing that the body is an energy machine. When filled with the right fuel and properly cared for, it is capable of amazing things**



# The Three Keys...



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- **Good nutrition**
- **Proper rest**
- **Adequate exercise**



# Prescription for...

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- **...restoring physical margin**



# Take Responsibility

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- **If you are underslept, overweight and unexercised, it is your responsibility to change.**

# Find Emotional Balance



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- **Being able to find physical balance has a great deal to do with social support systems, nurturing relationships and loving others.**



# Change Your Habits

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- **Associate with people who want to change with you**
- **Adopt a different attitude**
- **Start out small**



# Proper Rest

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- **Weekends and holidays rarely bring rest. We need quiet, solitude and a chance to do nothing without feeling guilty. Feel free to take a nap.**



# Eat Better

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- **Less fat**
- **Less refined sugar**
- **More fruits and vegetables**
- **Balanced diet**
- **Avoid overeating**
- **Drink lots of water**



# Exercise

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- **Exercise for heart health**
- **Give attention to muscles and flexibility**
- **Ride a bike**
- **Workout in the morning, if possible**



# Exercise

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- **Choose what works best for you**
- **By all means, stick with it.**
- **The hardest part of working out is actually going to the gym.**



# Be Realistic

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- **Set achievable goals**
- **Focus on what is important**
- **Choose appropriate exercises**
- **Loose a pound or two each week**
- **Be patient**
- **Be persistent**
- **Give yourself a chance to succeed.**